

## ABSTRACT OF THE DISCLOSURE

A wristpad apparatus includes a flexible wristband and a flexible pillow connected to the bottom wristband portion, either separably or permanently. With one embodiment, the wristband includes a plurality of wristband segments connected together with intersegment hinges. With other embodiments, a wristpad apparatus includes an inner wall and an outer wall, wherein a portion of the inner wall and the outer wall provide a flexible wristband, and wherein a portion of the inner wall and the outer wall define a first interwall chamber which contains a quantity of flexible filler material providing a flexible pillow. With another embodiment, the flexible wristband includes first and second wristband strap portions connect to each other when on a person's wrist. With another class of embodiments of the invention, a wrist pad apparatus includes a flexible pillow which includes wrist elevation adjustment means, e. g. water or air supplied through an attached valve assembly.

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